



## DEPARTMENT OF CORRECTIONS

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### **Former Minnesota Vikings players offer hope to Training School students**

(Plankinton) - Three former Minnesota Vikings visited the State Training School in Plankinton today, urging students there to break the cycle of destructive behavior and become positive members of society.

Former Vikings Chuck Foreman, Ted Brown and Joey Browner spent part of the morning at the school presenting a program entitled "Sound Advice for Life". The three are members of the Legends of the Vikings, a group that travels around the upper Midwest speaking to youth about being a positive influence on others and doing charity work.

Foreman told the youth that everyone makes mistakes in life, but the biggest mistake that they can make is to not make something of their life. "Your decision making ability is your greatest ally," Foreman told the Training School youth. "Make sound decisions."

Brown offered the same message to the Training School youth as he does to the youth he works with as a juvenile probation officer in Ramsey County, Minnesota. "Do something positive with your life," Brown urged. "Work the program instead of just doing the time and going through the motions."

Browner challenged the youth to set goals for themselves and then commit to accomplishing those goals. "Don't ever stop dreaming because you're here," Browner said. "I challenge you to get your education. Get an education and you can do anything."

Foreman played with the Vikings from 1973 to 1979. He is the second leading rusher in team history with 5,879 yards and is tied for the team record in rushing touchdowns with 52. He was named NFL Rookie of the Year in 1973 and played in five Pro Bowl games.

Brown played eight seasons with the Vikings, beginning in 1979. He rushed for 4,546 yards in his career and scored 40 rushing touchdowns.

Browner, a six-time Pro Bowler, played ten years in the NFL, including nine with the Vikings. He recorded 1,098 tackles, 37 interceptions and 9-and-a-half sacks in his time with Minnesota.

